

HEALTH

Steps for Preventing Diabetes Foot Problems

Take care of your diabetes

- Work with your health care team to keep your blood sugar within a good range.

Check with your doctor

- Have your doctor check your bare feet and find out whether you are likely to have serious foot problems. Remember that you may not feel the pain of an injury.
- Call your doctor right away if you find a cut, sore, blister or bruise on your foot that does not begin to heal after one day.
- Follow your doctor's advice about foot care.

Check your feet every day

- Look at your bare feet every day for cuts, blisters, red spots and swelling.
- Use a mirror to check to bottoms of your feet or ask a family member for help if you have trouble seeing.
- Trim your toenails straight across and file the edges with an emery board or nail file.

Wash your feet every day.

- Wash your feet in warm, not hot, water every day.
- Dry your feet well. Be sure to dry between the toes.

Keep the skin soft and smooth

- Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.

Wear shoes and socks at all times.

- Never walk barefoot.
- Wear comfortable shoes that fit well and protect your feet.
- Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.

Protect your feet from hot and cold.

- Wear shoes at the beach and on hot pavement.
- Wear socks at night if your feet get cold.
- Don't test bath water with your feet.

